

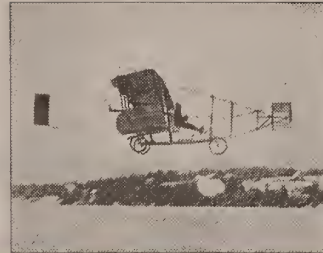


Getting into the spirit

Students enjoy green beer on St. Paddy's Day. Page 7

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Marking a milestone

Canadian aviation took flight 100 years ago. Page 8

MONDAY, MARCH 30, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 12

Discovering what they're made of

Students have blood type identified at college health fair

By CHRISTIE LAGROTTA

Students were pricked and poked to find out just how healthy they really were at a Health and Wellness Fair at the college from March 16 to 18. Held in the Student Life Centre and the Student Life Atrium, the fair was part of a College Service Learning initiative. In short, the CSL is a program designed to facilitate and guide faculty and students to new and innovative ways of delivering a message while presenting a project. In most programs, it is safe to say there will be a presentation at some point throughout the semester. This initiative gives new meaning to the word presentation. Rather than creating a PowerPoint presentation for the 20 to 30 people in your class, faculty members can contact Ryan Connell, student life programmer, or Carol Gregory, director of student development, and integrate an event, such as the Health and Wellness Fair, into the course requirements.

"That's what is unique about this. In a classroom presentation, are students really consuming the information being presented to them?" said Connell. "This way they reach a greater audience and take what they're learning and apply it to our college community."

Connell explained that statistically only 12 per cent of the information presented during a lecture or presenta-

tion is actually retained. Interactive events create a better opportunity for students and faculty to learn and retain more information.

"It gives students a chance to branch outside of their program and meet other students," said Connell. "It pushes students to step outside of their comfort zone and do something for a greater purpose."

The CSL initiative is described as a win, win, win situation. Students are able to learn something that applies to their academic program, teach other students about what it is they have learned and develop communication skills and interpersonal skills while doing it.

"CSL is an integrative educational approach where students achieve their learning outcomes through intentional learning activities within the college community," said Connell.

One of the first piloted CSL initiatives was the Human Services Foundations: Student United Way Campaign. Students from the human services foundations program collaborated with the student life department to create an interactive event where all proceeds went to the United Way of Kitchener-Waterloo.

More recently, Celebrating Cultural Diversity: International Education Awareness Week was developed and brainstormed by the English language studies students.



PHOTO BY CHRISTIE LAGROTTA

Students lined up to wait for Leslie Schnarr to tell them their type — blood type that is. As part of the Health and Wellness Fair, Canadian Blood Services set up a booth to give Conestoga students a chance to find out their blood type.

"I think it is a really great opportunity for students to learn their communication skills and teach other people," said Connell.

The programs that were a part of the Health and Wellness fair were fitness and health promotion, dietetic technician, hearing instrument specialist, respiratory therapy, early childhood education, business foundations and general arts and science-health option.

In addition, several external agencies joined in the fes-

activities, including Tobacco Use Prevention, Waterloo Region Public Health, YMCA-Gambling Awareness, Heart and Stroke Foundation, Canadian Cancer Society and Canadian Blood Services.

Students lined up by the Canadian Blood Services booth to wait for Leslie Schnarr to prick their fingers and tell them what blood type they were.

Another booth tested students' balance and recorded the record times of the day.

The fair aimed to promote healthy eating on a budget, nutrition, stress management, healthy parenting, money management, addictions, safe sex and much more.

Conestoga's counselling services, recreation centre and CSI also joined in on Monday and Tuesday of that week.

In order to get involved with College Service Learning, faculty can contact either Ryan Connell by e-mail at rconnell@conestogac.on.ca or Carol Gregory at cgregory@conestogac.on.ca.

Varsity volleyball making a comeback at Conestoga

By BLAIR POLLOCK

Men's and women's varsity volleyball will be back at Conestoga College for the 2009/2010 season, after a 16-year hiatus.

Conestoga will join the 19 men's and 22 women's volleyball teams in the Ontario Colleges Athletic Association (OCAA).

"Next season we will be playing an exhibition season," said Marlene Ford, varsity athletic co-ordinator. "It will be good to see what the competition is like before jumping right into it."

It is due to a growing interest by students in recent years that



the sport is being brought back. A new scoreboard, uniforms, transportation and lines for the floor in the gym have all been approved by the college.

Since the collapse of the varsity program in the 1993-1994 school year, local students have had to enrol at other colleges in order to play varsity volleyball.

Some students have been known to base their choice of post-secondary education around the varsity sports teams that are available at the school.

"Interest has been pretty high since the word came out about the new volleyball teams," said Ford. "I have been getting two to three e-mails a day from students with high school, college and university volleyball experience, looking to continue playing while attending Conestoga."

It's not just the students who have already shown interest in the volleyball teams. Four coaches, all with experience in the sport, have shown interest in the position, and will be in

place by the end of April to guide the Conestoga teams.

Interest has been pretty high since the word came out about the new volleyball teams.

— Marlene Ford

Both teams' coaches will be looking to fill a 12-15 person roster next year.

"For the exhibition season next year we will be looking for

students with two or three more years left in their program, so we can build a team and coaches can mould their players for when we play in the OCAA season," said Ford.

Once the exhibition season is complete and full membership to the OCAA season is granted the Conestoga teams will play an 18-game schedule in the OCAA's west division. The division includes schools like Mohawk, Sheridan and volleyball powerhouse Humber.

Tryouts for the 2009 season will begin in September. All who are interested in participating can contact Ford at mford@conestogac.on.ca.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is something odd
that you do in private



"Dancing with my MP3 player,
ignoring my children."

Nicole Worotny,
first-year
general arts and science
health option

"I play the harmonica and
I have it on me at all times."

Jon Courey,
first-year
general arts and science



"Reading comic books. I
love comic books."

Mike Knaud,
third-year
marketing



"I like to write classical,
classically inspired pieces
(of music)."

Tristan Boutilier,
first-year
accounting



"I play the World of
Warcraft."

Milan Tepic,
first-year
computer programmer
analyst



"Singing in the shower."

Jody Coghill,
second-year
general business



Smile Conestoga, you could be our next respondent!

And the winners are ...

A new CSI board of directors is selected

By ADAM RUSSELL

Amid technical difficulties and a low voter turnout, Conestoga Students Inc. has elected its new board of directors.

The voting, originally to be held March 16 to 20, had to be moved back a day and extended because the online site that enabled voters to cast their ballot wasn't in working order from the start.

The election ended up running from March 17 to 24.

"It started with some technical issues, but it turned out quite well," said CSI director of awareness Melissa Canning.

She added that it was her decision to extend the election, not only to keep things fair, but to allow for one full week of voting.

Although the website remained open longer, only about 7 per cent of the approximate 7,500 full-time students cast a ballot to determine their representa-

"
It would have been nice to
have a lot more people
vote. Maybe there are
some things we can think
of doing for next year (to
boost the numbers).
— Melissa Canning

tion within CSI for the 2009-10 school year.

Despite the low numbers, Canning was still encouraged.

"It is an increase over last year's vote, so I am happy with it," she said. "It would have been nice to have a lot more people vote. Maybe there are some things we can think of doing for next year (to boost the numbers)."

The winners, who will begin their term in May, are Mario Anglin, Amanda Black, Ciara Byrne, Kristen Carmichael, Maria Fermin, Lisa Jackson and Taryn Schmidt.

They will be responsible for reassessing college bylaws and policies as well as ensuring that CSI is run legally and safely.

Board of directors are also responsible for documenting student concerns through face-to-face meetings and bringing attention to those issues as well as attending orientation for new students.

The positions do not have specific job titles at first. However, once the board decides upon its strategic plan for the next school year, it will list what initiatives are important and create positions to oversee those areas.

Initiatives such as creating understanding about CSI, leading to a director of awareness position, have been part of strategic plans in the past.

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Region gets more defibrillators

BY JESSICA O'DONNELL

Waterloo Region now has another 31 defibrillators, after the life-saving devices were placed in 28 public and Catholic secondary schools as well as three elementary schools this month.

The defibrillators, which cost \$3,500 (including training), were funded by the Heart and Stroke Foundation, and from corporate donations and the Chase McEachern Tribute Fund. Chase was a Barrie student who developed an irregular heartbeat after being injured while play football at

school. His heart stopped beating during gym class, and although paramedics were able to revive him, he suffered massive brain damage. His parents took him off life support shortly after. The school did not have a defibrillator. Since then there has been a push to get the devices in schools.

Conestoga College has four of the devices – two at the Doon campus plus one in the rec centre and a fourth one at the Waterloo campus. One of them was used to save the life of a hockey player at the rec centre March 10.

Larry Kelly, an Oldtimers player, was on the ice when he suddenly stopped playing. A referee revived him using a defibrillator.

John Prno, director of the Region of Waterloo emergency medical services, said the installation of defibrillators in schools is important because these are "locations where there is a high risk of aggressive physical activity."

In the past five years, defibrillators have been placed in schools, community centres and recreation centres throughout North America. This is in response to an

increase in sports-related cardiac arrests.

"There have been many situations throughout Canada where an athlete has gone into cardiac arrest," said Prno. "The use of a defibrillator has saved many lives, as we saw with Mr. Kelly."

However, in some instances a person isn't saved despite the site having a defibrillator.

"It was lack of training or the knowledge that it was accessible," he said. "The chances of survival decrease 10 per cent for every minute a person has to wait for help."

Take advantage of what the area has to offer

The last day of classes is coming soon. For those who feel like they haven't quite taken advantage of everything the region has to offer, now's the chance. The following are events coming up between now and the end of the school year.

The Waterloo Regional Children's Museum will have its Andy Warhol exhibit up until April 19. The exhibit offers an opportunity for all ages to learn about Warhol's work.

Canadian songstress Julie Doiron is making an appearance at the Starlight Lounge in Waterloo, April 2 and the Tri-City Roller Girls roller derby team is hosting a disco glam night there on April 9. For more information, visit www.janebond.ca.

The Kitchener-Waterloo Art gallery is hosting an open house on April 6 from 7 until 9 p.m. It will be a chance for the gallery to unveil its new website and refreshments will be served.

On April 9, The Harlem Globetrotters basketball team will be at the Kitchener Memorial Auditorium.

Visit <http://www.harlemglobetrotters.com/> for more information.

The weekend of April 11 to 13 is the first of three weekends of the Ontario Provincial Volleyball Championships at RIM Park in Waterloo. Games start at 8 a.m.

April 16, 17 and 18 are the dates for this year's GO! Music Festival, which sees over 50 bands descend on venues across downtown Kitchener and Uptown Waterloo. For more information, visit www.gomusicfestival.ca.

Curtain set to rise on new program

By NEIL McDONALD

The stage is set for a new program to premiere at Conestoga College's Stratford campus.

The two-year theatrical production arts program, which makes its debut this fall, is the result of a collaboration between Conestoga's School of Media and Design and local artists groups in the southwestern Ontario hamlet.

Given the worldwide reputation of the annual Stratford Shakespeare Festival, the location of the new program seems like a natural match.

"Stratford is the ideal location for theatrical production arts to be launched," said Mark Derro, the chair of

Conestoga's School of Media and Design. "What we're doing is really hitchhiking on the fact that there's an established community of artisans, highly experienced, and they have years and years of expertise that our students will be able to tap into, so it's a perfect fit."

The advanced diploma program, in partnership with Off The Wall Productions and the Stratford Artists' Alliance, will train students in theatre crafts, including set construction and prop and costume design. The program will be intensive, running over six consecutive semesters. Students are taught using the European-style atelier model of artistic schooling,

which stresses small class sizes each run by teachers who are masters in their particular fields.

Students don't move on, Derro said, "until the master is confident that the individuals have grasped the knowledge and skills required in each step."

"It's a phenomenal learning experience for the students."

A wide variety of courses will be offered in the program, from life drawing and armoury to carpentry and welding. Derro expects 18 to 22 students to be enrolled in the first year, and said because of the unique nature of the program, Conestoga will be looking to attract students from overseas as well.

"There's very few theatres at the profile of the Stratford Festival," he said, "and there's very few theatres in the world that have the production capabilities or the expertise that allow learning to occur."

Derro said the School of Media and Design saw a 40 per cent growth in applicants last year, and said the theatrical production arts program is part of a concerted effort to expand further in fields related to arts and culture.

"We're really excited about using this as the springboard," he said.

Any student interested in finding out more about this program is asked to contact Mark Derro at mderro@conestogac.on.ca.

LAYING IT ON THE LINE FOR THE HOMELESS



PHOTO BY PATRICK LANSBERGEN

Office administration executive students from top left Andrew Travers, Martha Valencia, Bethany Soltys, Nicole Lauriault and Jessica Thompson began a clothing drive on March 18 for the homeless. The drive was held from 11:30 a.m. to 2:30 p.m. across from Door 4 next to the library resource centre and, according to Lauriault, a second-year student, was so successful they proposed to continue their drive. Dave Slitcher, their project management teacher, agreed. It was held again on March 27. The clothing will go to the homeless.

Award winners

Everything came up roses for Conestoga students at the 19th annual student floral design competition held by the Ontario Flower Growers Co-op.

The competition featured two categories – wedding bouquet and theme design ("spring bling"). The award winners were: Carri Snider, first place; Pamela Mackay, an honourable mention; and Hye Sun Min, the People's Choice Award.

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Battling fisticuffs in ice hockey

By STACIE RITCHIE

Two players bump into each other on the ice, exchange a few words, then drop their gloves and start duking it out.

Fighting in hockey games, whether it's in the junior leagues or the National Hockey League, is always a crowd pleaser. Once gloves get dropped and punches start flying, the crowd cheers with enthusiasm and eagerly anticipates who will be the winner.

But, what happens when one of those fights results in someone's death?

On Jan. 2, during a junior hockey game, a 21-year-old player died after losing his helmet during a fight and hitting his head on the ice. As a result, the debate around fisticuffs in hockey has once again become a hot topic centring specifically on whether or not fighting should be allowed to remain in the game.

On the one hand, you've got people who love the sport and think fighting in hockey is just part of the game or an essential way for players to blow off some steam, energize teammates and get fans fired up. And on the other hand, you've got people who don't care for the sport, who think fighting in hockey is unnecessary and stupid.

So what can be done? What can we do to prevent any more fighting-related deaths in hockey?

The most obvious answer is the rules could be changed. More penalty minutes could be given to the players involved in staged fights, and players who initiate fights after clean hits could be punished, which has been proposed by NHL general managers a few weeks ago. Or, a rule could be made to ban fighting all together.

The first rule would be easy to change because it would only mean that fighting players would be spending more quality time in the penalty box. But, the second rule regarding banning fighting all together wouldn't be as easy to put into effect and doesn't seem likely to happen.

NHL commissioner Gary Bettman was recently quoted in an article on newsday.com saying outright banning of fighting "is not going to happen."

In that same article, Ross Bernstein, author of *The Code: the Unwritten Rules of Fighting and Retaliation in the NHL*, said "they could never legislate fighting out of the game."

Actually, they could. Just give players who fight a 10-game misconduct.

What is interesting is how at international tournaments players can keep the gloves on, thanks to a 5-minute major being assessed and being kicked out of the game.

Ultimately, the decision whether fighting stays or goes is up to the fans, and they have spoken.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication. Address correspondence to:

The Editor, Spoke, 299
Doon Valley Dr.,
Room 1C29, Kitchener, Ont.,
N2G 4M4



Will Covergirl suffer losses?

Revlon has hired a polling company to find out if Rihanna's staying with Chris Brown will hurt its competitor, Covergirl, who features the singer in its ads.

News about the survey was made public on March 13. The survey came about after the singer was physically abused by her boyfriend Chris Brown on Feb. 8.

The Internet survey being conducted by Harris Interactive shows a commercial for Covergirl mascara and asks people if they know the person in the commercial, and whether or not they have heard about her in the news lately without actually saying Rihanna's name.

This came after Covergirl pulled magazine advertisements titled "Light Up Your Eyes" that featured Rihanna.

I can understand why some people feel Covergirl should drop Rihanna, while others say leave her alone.

But the real question is if they keep the singer will it cause their sales to go down?

On one side people can say that if Rihanna continues as a spokesperson for Covergirl, she is using their cosmetics to cover her bruises and it's OK to stay with an abusive partner.



Heather
Muir
Opinion

This is a bad thing. But on the other side, you can't just drop her because of an abusive relationship.

Revlon commissioned the survey as a proprietary study, which basically means that it was supposed to be a secret that they were checking on the impact on Covergirl.

I personally don't think this will hurt them, because they have been around for so long. However, how can Revlon be sure that abused women don't use their product instead of Covergirl's?

There are plenty of women out there who suffer from abusive relationships, and they use a number of different brands of makeup, so why single out just one person? Just because she is famous doesn't make her anymore important than the other women who get abused.

So far nothing has come from Covergirl on the survey, which

seems odd because you would think they would have something to say on the topic.

I have to admit that even though I personally believe that conducting this survey is wrong, I am curious as to how it will turn out. I guess I have a bit of an evil curiosity about me. Then again, we may never know the outcome, since it was supposed to be kept quiet.

I can't say that Revlon is an evil company for doing this type of study. It may seem wrong but I also know that it helps with market research. In the end it's usually all about the money.

As for Covergirl and their pulling of ads with Rihanna in them, they are only doing what they think is best for their company's image, just like Kellogg's did with swimmer Michael Phelps.

Their products are used all over the world and they have to save face fast in case there is a public backlash.

I personally believe that the survey being conducted by Revlon is being blown way out of proportion. They weren't going to share the results as it was to be kept quiet, because it was for market research, which all companies do.

SPOKE

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Editor: Kevin O'Brien

Advertising Managers: Liz Koenig and Sarah Boychuk

Spoke Online Editor: Laura Rouse and Louise Kaddour

Production Managers: Mandi Cartwright, Jamie Reansbury, Heather Muir, Blair Pollock and Kaitlyn Heard

Circulation Manager: Adam Russell

Photo Editors: Sarah Bongers, Lacie Groffen,

Christie Lagrotta, Jessica O'Donnell, David Smith,

Stacie Ritchie, Patrick Lansbergen and Neil McDonald

Faculty Supervisor and Adviser:

Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C29,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

E-mail: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

SURFING IN THE SUN



PHOTO BY NEIL McDONALD

First-year radio broadcast student Mike Hepoitch surfs the web in the sunshine on March 20, the first day of spring. Winter looks like it's going to hang around for a while, with temperatures forecast to be below normal for the next week.

Eight cups a day — myth or truth?

By MANDI CARTWRIGHT

Everyone knows that getting enough water in your system should be an important aspect of your daily routine, but the question most commonly asked is, how many cups a day is really needed?

On average, a person should drink eight cups of water a day. However, a person does not necessarily have to drink that amount.

According to the Balanced Choices information sheets displayed in Conestoga College's cafeteria, there are other fluids that could be consumed instead of water. The sheet states that any fluid which contains water will do the trick. For example, milk and juice contain water, so they are acceptable replacements.

"(I drink) a lot of juice, but I know water's important too," said second-year nursing student, Nicole Jilek. "Eight cups of water is a lot for a person."

Other water supplements can include fruits and vegetables because they contain a large amount of water. For example, an apple contains 80 per cent water, making it an acceptable replacement.

"I usually drink about four cups of actual water a day," said second-year paramedic student, Karolyn Brown. "The remaining four cups are usually in vegetables and fruit."

Conestoga has made water readily available by placing water fountains throughout the school. There are also water supplements, such as fruits, vegetables and juices, available in all cafeterias.

Eight cups a day is the rec-

ommended amount of water that a person should consume in order to keep them hydrated, however, there is such thing as consuming too much water.

This is known as water intoxication or hyperhydration. This is when there is a disturbance in brain functions due to the over-consumption of water.

It is not common among individuals who are healthy, both physically and nutritionally. Most deaths relating to the over-consumption of water results from activities like water drinking contests, where individuals consume a vast amount of water in only a few minutes.

More information and tips on drinking more water are available in the first floor cafeteria on the Balanced Choices sheets.

Gambling can suck the life out of you

By SARAH BOYCHUK

Young people are gambling with more than just money when engaging in high-stakes gaming. With every spin of a slot machine or deck of cards drawn, the 6.9 per cent of young adults who have moderate to severe gambling problems are putting their relationships and future plans at risk.

The Responsible Gambling Council (RGC) has designated March as gambling awareness month, with a goal of reducing gambling activities among 18- to 24-year-olds. A disposable income, lack of education about gambling dangers and poor understanding of personal finances means that this demographic faces the highest risk of developing a serious gambling problem.

The RGC defines problem gambling as gambling that is done excessively and to a negative effect. Signs that one might have an unhealthy rela-

tionship with gambling may include obsessively thinking about gambling; needing to take increasingly greater risks in order to experience a rush of excitement; spending more time or money on gaming activities than what one can afford; gambling with the intent of winning back past losses; and borrowing money or selling things in an attempt to solve a desperate money situation.

Missing bill payments, repeated absence from work or school and a decline in the quality of one's school work or job performance might also indicate that someone is struggling with problem gambling.

Those who feel they may have a gambling problem can contact St. Mary's Counselling Services by calling 519-745-2585.

At Conestoga, counselling services is equipped to deal with the personal issues and addictive tendencies that can

contribute to a gambling problem. In addition to personal counselling, they can offer help in effective budgeting and confronting the external issues that lead to financial difficulty. Students who require the support of a counsellor can make an appointment by visiting the counselling office in Room 1A101 or by calling 519-748-5220, ext. 3360.

Those who wish to gamble safely can follow these tips from the Responsible Gambling Council:

Not thinking of gambling as a way to make money

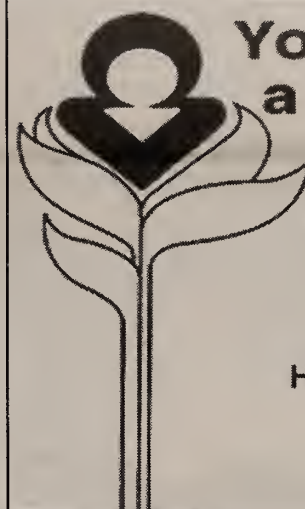
Only gambling with money one can afford to lose

Setting a money or time limit on gambling and sticking to it

Never chasing losses (i.e., gambling more to win back lost money)

Not gambling when depressed, angry or upset

Balancing gambling with other activities



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COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling in time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something purely for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and monitoring our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now, by boosting concentration, memory and stamina. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counselling Services, 1A101.

RECOGNIZE THE SIGNS OF STROKE WHEN YOU SEE THEM.

✓ VISION PROBLEMS

Sudden loss of vision,
particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or
tingling in the face, arm or leg

✓ TROUBLE SPEAKING

Temporary loss of speech
or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls,
especially with any of the above signs



HEART
AND STROKE
FOUNDATION

Seek immediate
medical attention
if you have any of
these symptoms.

T-shirts

for the times

By LIZ KOENIG

Hair, makeup, cars and clothes are all things people use to express themselves. Clothes with logos, pictures and names take that statement a little further. Some people dress for fashion, some for comfort and some for exposure. Whatever the reason, the clothes we wear say something about who we are.

For whatever reason, people love band shirts, jackets, bags and other various music paraphernalia and bric-a-brac.

What is it that compels people to advertise their favourite bands and spend copious amounts of money on things that are only remotely related to the band itself?

Rock Tease: The Golden Years of Rock T-shirts, written by Erica Easley and Ed Chalfa, traces the history of band merchandise back to the 1970s when fans of musicians and bands would screen print or simply paint by hand a T-shirt with the idolized performer on it.

In the case of a 1977 Joan Jett T-shirt, it was made by hand specially for her during the time she was in The Runaways by someone who loved her.

Its raw design alludes to the fact that

someone may have doodled her picture in their high school notebook and painted it onto a T-shirt to show his or her dedication.

"It communicates the poignant connection between fans and their favourite rock stars," Easley said in an interview with Blender Magazine.

The bands being immortalized on fabric T-shaped garments weren't actually involved in the production; neither were the record companies. At this period in time, T-shirts weren't seen as a way to make money. They weren't even a fashionable article of clothing until the '70s. They were a unisex piece that could be worn by anyone and feature any band or musician.

Places that people could go and screen print their own shirts didn't exist until the '70s which is what made them accessible and popular.

T-shirts that only feature one colour were most likely hand-screened by one person. This kind of dedication and passion isn't really expressed in the mass-produced

band shirts of today.

Old or new, band shirts and merchandise are historical documentation.

"I basically wear (them) because I like the band and I want to support them," said Chelsea Fallis, a level two BSCN student.

A time came when bands realized that there was money to be made in band merchandise.

Bands could bestow upon their fans any image they wanted.

Eighties hair-metal group Twisted Sister is known for being somewhat of a gimmick band, with their outrageous outfits and scandalous makeup. Their merchandise was no exception.

Easley describes an early Twisted Sister T-shirt as "in your face" and "theatrical."

An example is their 1983 shirt featuring lead singer, Dee Snider's snarling face in a high contrast image covering the front of the shirt with the words "Play It Loud, Mutha!" written below.

Other bands chose images that depicted personal events that happened to the band or individual members.

In 1985 Motley Crue released a T-shirt that illustrates a courthouse surrounded by people with "L.A. Theater of Pain" written underneath it. This shirt was reportedly representative of an incident in

1984 when lead singer, Vince Neil, killed one person and injured others in a drunk driving accident. Ultimately the message of this shirt was "Don't Drink and Drive."

Heavy metal bands were more likely to resort to a darker, more sinister image on their shirts.

Metal music has always been thought to be the target for all the reasons that teenagers are angry. It supposedly drives them to Satan worshipping and suicide. In 1988, at a time when heavy metal music was being attacked by the government, parents and the Parents Music Resource Center, one of the most well-known hardcore metal bands, Slayer, put out a computer-generated T-shirt. With large red letters across the bottom spelling out "Root of all evil" below a menacing smiling demon, Slayer seemed to scoff in the face of these attacks.

Some people wear band merchandise as a tribute to the band they love so much. These diehard fans will most likely purchase their garments at a concert as a souvenir. The coveted shirt is proof that they were, in fact, in the same room as the band.

Rock shirts provide an outlet for fans to connect with their heroes. Some people feel that the exorbitant price of music merchandise is too high a price to pay to demonstrate their love for their music.

"It's too expensive to pay so much for a T-shirt that is nothing more than that," said Julia Barrett, 24. "It's just a logo."

Vintage-designed rock shirts are available in many stores as well as online. There are websites where fans can custom design a vintage-looking T-shirt or sweater.

Whether it's for fashion, support of the band or just to make a statement, rock T-shirts will never fade away, unless they get washed one too many times.





Irish eyes are smiling ...



PHOTO BY ADAM RUSSELL

St. Patrick's Day costumes were on full display in the CSI Sanctuary during celebrations on March 17. Brianne Gillier, Jaimee Hotson and Jen Bradley, pre-health students, came dressed in matching outfits.



PHOTO BY ADAM RUSSELL

Even CSI president Sheena Sonser and VP Christopher Carson joined in the festivities.

... as Conestoga gets into the St. Paddy's Day spirit



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PHOTO BY ADAM RUSSELL

Cassidy Reay, a second-year marketing student, got in the festive spirit March 17 at the CSI Sanctuary. Green beer was served to commemorate St. Patrick's Day.

CANADA REMEMBERS 100 YEARS OF FLIGHT

The sum of Canadian aviation over a century is much more than you think

By LACIE GROFFEN

From the bitter cold of an ice-covered runway, to the violent take-off into the First World War and then to transporting passengers to vacation destinations, our country claims a century full of aeronautical experiences.

This year marks the centennial of Canadian aviation. On Feb. 23, 1909, the Silver Dart was hauled onto the ice at Baddeck, N.S. by horse and then flown into the air by designer and pilot John Alexander Douglas McCurdy (J.A.D. McCurdy).

The Silver Dart, made of steel tube, bamboo, friction tape, wire and wood, was built by the Aerial Experiment Association. This group consisted of five men who were brought together in 1907 by Alexander Graham Bell as a result of common interest.

The plane, which flew between 10 to 30 feet above the ground for about a half mile before landing effortlessly, was named after its cloth. The Silver Dart's wings, which stretched out about 14.9 metres, were covered in silver Japanese silk.

Since then Canada has come a long way in the world of aviation. Today's planes feature metal shields so they can handle any weather at great speeds and the highest heights. They are used so widely in this contemporary world that if they were to disappear it would be as if we were sent back to the dark ages.

Here's a look at how far we've come.

1909: A dream becomes a

reality as The Silver Dart makes its way into the sky as the first ever successful controlled flight in Canada.

1918: Airmail is born as Capt. Brian Peck from the Royal Air Force, flies six hours from Montreal to Toronto.

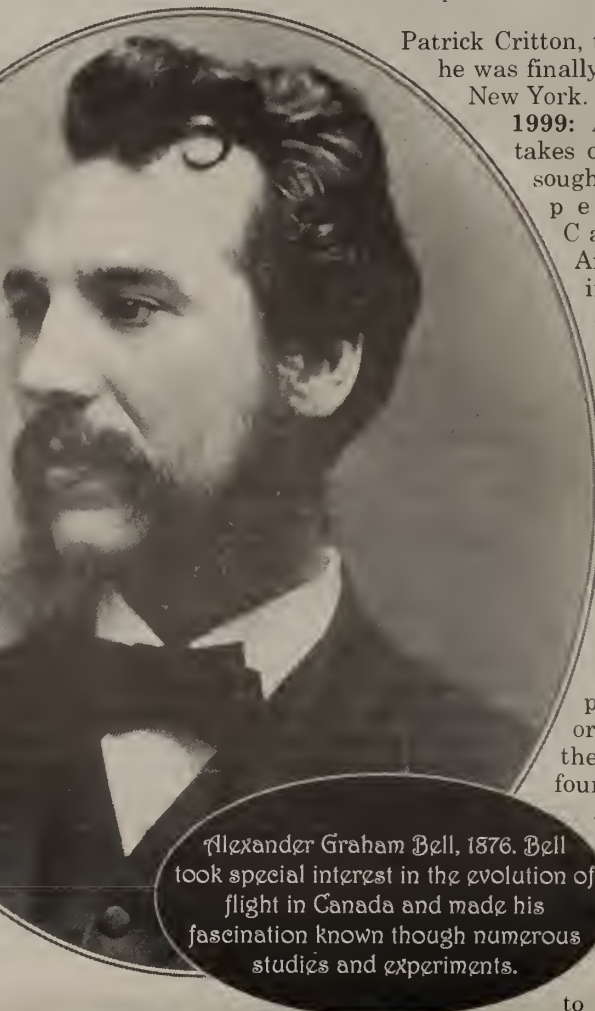
1924: The Royal Canadian Air Force is formed with less than 2,000 men and little knowledge to its future opportunities.

1928: Eileen Vollick becomes the first female Canadian pilot. Vollick excelled in her flying classes and mastered the JN-4 navy training of that time. She passed the federal aviation test with flying colours in March and a little over a week later got her private pilot's certificate.

1937: Air Canada, then known as Trans-Canada Airlines, becomes the first Canadian airline equipped with two planes to transport 10 passengers each.

1940: Canada becomes a leader in pilot training with the opening of 231 spots. Not only pilots are trained but navigators, gunners and flight engineers, all in preparation for the Second World War.

1962: Another Canadian airline, Wardair Ltd., charts its



Alexander Graham Bell, 1876. Bell took special interest in the evolution of flight in Canada and made his fascination known through numerous studies and experiments.

All photos courtesy of
©Parks Canada/A. G. Bell
NHSC

first big plane made for travelling. According to Canada.com, this set the tone for cheap charter flights to warm places and European destinations.

1971: The first successful hijacking of a Canadian plane takes place. Air Canada's Flight 932 was seized and then flown to Cuba. It took 30 years to find the culprit,

Patrick Critton, then 24, but he was finally arrested in New York.

1999: Air Canada takes over a much sought after competitor, Canadian Airlines, giving Canada a single nationalized airline.

2001: On Sept. 11, Canadians sigh in relief as air traffic controllers work non-stop to land 1,500 airplanes in order to clear the sky after four airplanes are hijacked and then crashed into United States buildings or to the ground, killing thousands.

2004: Air Canada struggles through hard times but comes out of bankruptcy protection more determined than ever.

Gordon Greavette, chair of communications and liberal studies at Conestoga College, said aviation in the 20th century was important to the development of Canada.

Greavette, who is a 35-year veteran of the Canadian Air Force, said although it started with the Silver Dart, flight really took off during the

First World War and gained prominence in the Second World War. He said the war led to the national acknowledgment of Canada as a force because of the advancement of flight.

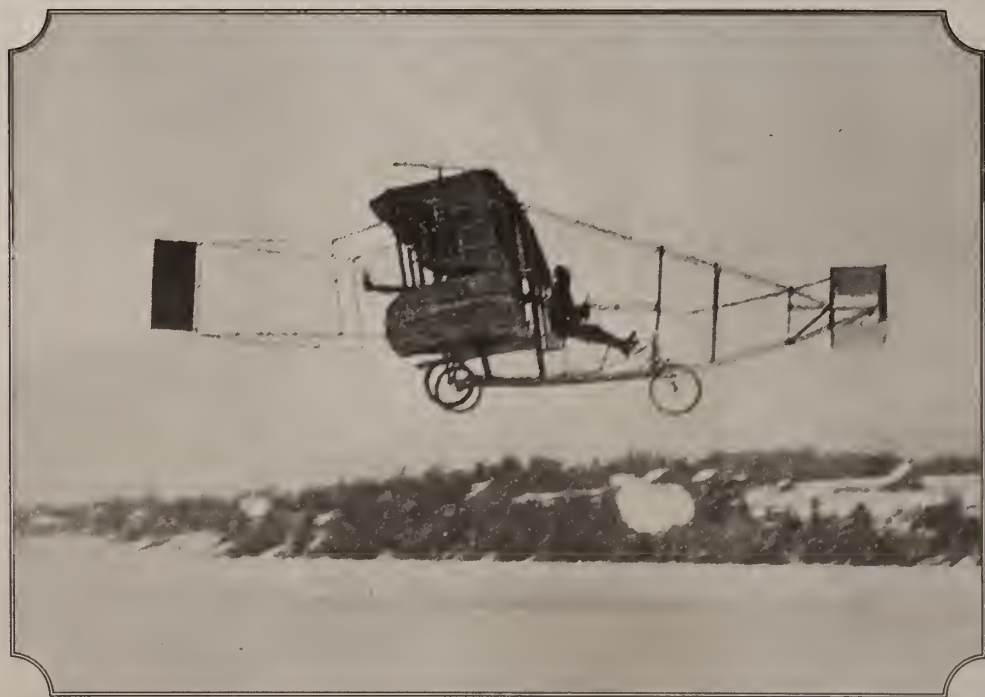
Greavette believes the history of Canadian aviation has a lot to do with where the country stands today. He said flight was "a novelty and dream item" after the war. He looks back on how flight opened up the north, saying that before flight the only way to get to the north was when it snowed or there was ice to travel across because there were no roads.

Greavette also said that planes have slowly replaced the train because it is an easier and much more time efficient means of getting around.

In the fall of 2009 the aviation program will introduce a mandatory aviation history class to all those in the program. The course will be taken in the third term and will rely on a number of resources including a possible learning package that will be put together and sold in the bookstore.

Greavette, among others, is helping to prepare the course for next year. He said it will be taken in students' second year because it is important for the students to be at a point where they can truly appreciate the profession they are getting into and take in the true meaning of being a pilot.

Greavette, who is currently working on his PhD in history, said he would love to be the one to teach the class but said he won't be able to because his work schedule won't accommodate it.



The Silver Dart was the first powered plane to successfully take flight in Canada. The plane was flown by pilot John Alexander Douglas McCurdy of the Aerial Experiment Association.

The first members of the Aerial Experiment Association were, from left, Glen Curtiss, Casey Baldwin, Alexander Graham Bell, Lieutenant Thomas A. Selfridge and John Alexander Douglas McCurdy.





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So many pranks to play

By MANDI CARTWRIGHT

Have you ever thought about gluing your friend's hands to the steering wheel of his car, or setting a whoopee cushion on your teacher's chair so that every time she went to sit down your classmates would think that she was farting?

A lot of people have had these disturbing thoughts, though there is really only one day where you can get away with them — April Fool's Day, or some may say, All Fool's Day.

There have been questions for many years now as to how April Fool's Day came about, and although nobody knows for sure, some people have their beliefs.

not accept the new date or they did not know about it because they continued to celebrate New Years on April 1. It is thought that people played pranks or sent these people on fools' errands because they refused to change their lifestyles to meet the criteria of the new calendar.

April Fool's Day is on Wednesday, so don't forget to play some old ones, or think up some new ones.

There are plenty of pranks that are commonly played, such as the prankster poking tiny holes with a pin in a disposable cup, offering the prankee a drink, and watching while the victim gets the beverage all over the front of their shirt.

Another classic prank involves placing a bill on the floor, then hiding nearby with an old piece of cloth in hand. As the prankee bends over to pick up the bill, the prankster rips the cloth so the victim gets the impression that his pants have split.

April Fool's Day is on Wednesday, so don't forget to play some old ones, or think up some new ones.

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Wikipedia, as well as www.infoplease.com, states that the holiday was first celebrated when the Julian calendar was replaced by the Gregorian calendar in 1582 by Pope Gregory XIII. The new calendar had New Year's Day scheduled for Jan. 1, and people either did

WITH SPRING'S ARRIVAL THE ICE WILL SOON BE GONE



PHOTO BY KAITLYN HEARD

A sunny day and no more snow allows skaters to get outside. At City Hall in Kitchener, citizens gather to enjoy the rink one last time before it melts away for the season.

POSSUM GANGS ROAM NEIGHBOURHOODS



PHOTO BY HEATHER MUIR

Three possums enjoy one another's company on a backyard fence in Guelph after what looks like a bad scrap. They are North America's only marsupial which means they have a pouch like a kangaroo and they carry their young. Full-size possums are roughly the size of a house cat.

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April 6, 2009 (12:00pm-2:00pm)

April 22, 2009 (1:00pm-3:00pm)

More information on workshop descriptions, location and registration please visit:

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Week of March 30, 2009



Aries

March 21 - April 19

You need to calm down and let others catch up to you or even surpass you for the time being. It's easy to forget that you're in a marathon, not a short-distance sprint.



Taurus

April 20 - May 20

Your travel plans are coming along nicely; you have started them, haven't you? If not, now is the time to think about where you want to go and how you want to get there. The world is yours.



Gemini

May 21 - June 21

You just aren't sure what to make of your latest plan as something seems quite confusing about it. You may need to just sit back and let people think it over before asking for feedback.



Cancer

June 22 - July 22

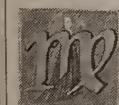
Try to hear people out this week; they may not be ready to open up completely, but you can at least remain aware of what they're going through. It's good for you to just listen and wait, Cancer.



Leo

July 23 - August 22

Feel free to say no as much as you want. Your sense of what you want and what you're willing to subject yourself to is unparalleled. It's one of those weeks that makes you glad to be you.



Virgo

August 23 - September 22

Try not to worry too much if you're unhappily single right now as that could change very quickly! Your love life is getting a boost and it's almost certainly related to your school life.



Louise Kaddour is a second-year journalism student holding fate in the palm of her hand.



Libra

September 23 - October 22

Try to let the situation at home play itself out, but if things get too imbalanced, you need to step in and take charge. Though it won't be fun, it's vital and you can do it.



Scorpio

October 23 - November 21

You need self-discipline this week and you've got plenty. You may just need to keep your big mouth shut as those around you make fools of themselves or you may need to avoid a temptation.



Sagittarius

November 22 - December 21

Financial issues are bothering you somewhat this week, though things are not nearly as bad as they seem. You still need to focus on finances until you feel right about the situation, though.



Capricorn

December 22 - January 19

Expect the best this week and it should come your way, Capricorn. Your great energy is bound to bring good results. Others are paying attention.



Aquarius

January 20 - February 18

You're not completely certain whether or not to intervene in the big fight that's going on, in part because you can't figure out why it's happening. Try to just watch.



Pisces

February 19 - March 20

Life gets a lot easier for you and you can tell that this new phase is going to last for a while. It's a really good time for you to try something new or to branch out in a new way.

Everyone deserves a second chance

By MANDI CARTWRIGHT

A second chance is something that everyone deserves in their lifetime.

This is what best-selling author Nicholas Sparks was trying to portray in his novel *Nights in Rodanthe*, and is the same thing portrayed in the film version.

The film was directed by George C. Wolfe, who has directed a number of plays, such as *Topdog/Underdog* and *Mother Courage and Her Children*. It was written by Ann Peacock, who wrote the screenplay for *The Chronicles of Narnia: The Lion, the Witch and the Wardrobe*, and John Romano, who wrote the screenplay for *Intolerable Cruelty*.

"They act very well together, it's definitely believable."

— Amanda Roy

The movie was released on DVD on Feb. 10, and is now one of the top 10 rentals and sellers at Blockbuster video.

It was released in 2,704 theatres across the world, and box offices brought in more than \$13 million during the opening weekend of Sept. 26, 2008.

The story takes place in a tiny town of Rodanthe, in the Outer Banks of North Carolina. Diane Lane and Richard Gere come together again to bring back the onscreen chemistry they had

Movie Review



during the filming of *Unfaithful*.

"They act very well together," said Galaxy theatre employee, Amanda Roy. "It's definitely believable."

Lane's character, Adrienne Willis, leaves behind her two children, Amanda and Danny Willis, played by Mae Whitman and Charlie Tahan, and her cheating ex-husband, Jack Willis, played by Christopher Meloni, as she tends to her friend's inn for the weekend.

While away from her chaotic family, Lane hopes to make sense of certain aspects of her life, including her ex-husband who, just before her departure, told her he wanted to come back home.

Upon arriving in Rodanthe, Lane's character gets wind of a major storm, and because of this, there is only one guest staying at the inn. Gere's character, Dr. Paul Flanner, has come to this tiny town because of a letter sent to him by the husband of a past patient of his who passed away during surgery.

The storm brings Gere and Lane into each other's arms and changes their lives forever.

Although the film's plot is the same as that of the novel, the book seems to portray more feeling and emotion.

"The book was so much better," said Nicholas Sparks fan Crystal Cullimore. "The movie kind of left out the more important parts of the storyline."

"The movie was short and predictable at times, but I still found myself hoping everything for the two characters would turn out in the end," said Nicole Skali of Brantford.

"The way they come together in midst of their crises brought a good feeling to my stomach."

"All in all, a move I will definitely see again."

Nights in Rodanthe is just one of the four films based on Sparks' novels. The other three include *Message in a Bottle*, released in 1999, *A Walk to Remember*, released in 2002, and *The Notebook*, released in 2004.

Overall, I give this movie four out of five stars.



Last Call - For Tutoring!

The deadline date to request a tutor for Winter term courses is fast approaching:

Wednesday April 1st is the deadline - Tutors will not be assigned after this date

To request a peer tutor, visit our website:

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Thou shalt not crave thy neighbour

By KAITLYN HEARD

Blood-sucking vampires, sex, drugs, crime and romance — if you find these things interesting, then I have a show for you.

HBO's *True Blood* is based on the Southern Vampire Mysteries book series. The show follows the thrilling and horrific events of a telepathic barmaid, Sookie Stackhouse, played by Anna Paquin.

Set in the near future, vampires are known to society and live freely among humans. In Bon Temps, Louisiana, Sookie works at Merlotte's bar where she and Bill Compton (played by Stephen Moyer), a 173-year-old vampire, meet. Ever since their first meeting and sudden feelings of romance, Sookie, a good well-to-do girl, faces trouble.

The beverage, Tru Blood, is bottled synthetic blood invented to provide all the necessary elements vampires need to survive. This would allow the vampires to live in society without the need to feed from humans.

While the show focuses on Sookie, it also follows her brother Jason, a sex-driven pretty boy who gets himself

into trouble with women and the occasional vampire.

Villains in the show consist of vampires and humans as well. There are Vampire Drainers who drain the blood from vampires and sell it. V, vampire blood, if drank provides a high for humans and increases their sex drive. It's a high like no other drug and costs \$600 for a vile, according to one of the characters who sells it.

While some argue that it's just like *Twilight*, I'd like to say it's not. Yes, some of the vampire qualities and characteristics are alike but the story and characters are much different. The story consists of more dramatic and horrific encounters than the teenage angst in *Twilight*.

Rated R, this show displays a dramatic yet thrilling plotline that sucks you in.

It's a personal favourite of mine and I'll admit it's my guilty pleasure. It's an addiction. My roommate and I stayed up till 3 a.m. every night for a week to watch the first season online. While others have found it unoriginal or boring, I deem it worthy of watching. We spent hours downloading and watching

these episodes. Even though we had to get up at 7 a.m. for class every morning, the lack of sleep didn't seem to matter.

It's a show like none other. I'm a huge fan of movies and I don't tend to follow shows at all. *True Blood* on the other hand, is more like a very long movie than a show. The beginning of each episode starts off with a lot of action but slows down towards the middle. As it comes to the end, it leaves you hanging with some kind of jaw-dropping action scene. They do that on purpose, to make you want more. Every episode is fantastic.

It's a well-balanced show that guys and girls can get into. It has the perfect amount of love and romance for girls and crime, violence, gore and action that most guys enjoy.

It's a great show that follows the struggles of vampires trying to live openly in society. It's dramatic but still provides the elements that keep it very interesting and thrilling.

Season one has ended but not to fear, June 14 marks season two's premier on HBO.

Take a bite out of *True Blood* but be cautious, it's highly addictive.



INTERNET PHOTO

Anna Paquin and Stephen Moyer star in *True Blood* on HBO. Based on the Southern Vampire Mystery book series, *True Blood* follows the events of a telepathic barmaid in a society where vampires freely roam.

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